

# Breakfast Benefits

Think about how breakfast can benefit your health the next time you say, "I don't feel like eating breakfast."

## People who eat breakfast are more likely to:

- Control their weight and binge-eat less often during the day
- Have more strength and endurance, sharper concentration and better problem solving abilities
- Consume more vitamins, minerals, and other nutrients.
- Eat less fat and cholesterol
- Have a lower blood cholesterol, which can reduce the risk of heart disease.

It is not necessary to eat the minute you wake up. You can begin the day with a health snack such as a banana or apple. Then, pass on the mid-morning donuts and coffee and replace it with whole wheat toast and peanut butter or a small bowl of high-fiber cereal with skim milk. If you don't prefer the traditional breakfast try leftover veggie pizza or a baked potato with low fat cheese.